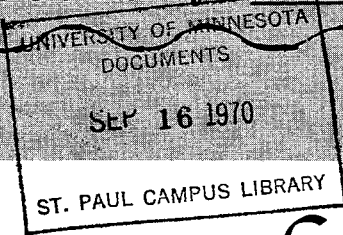


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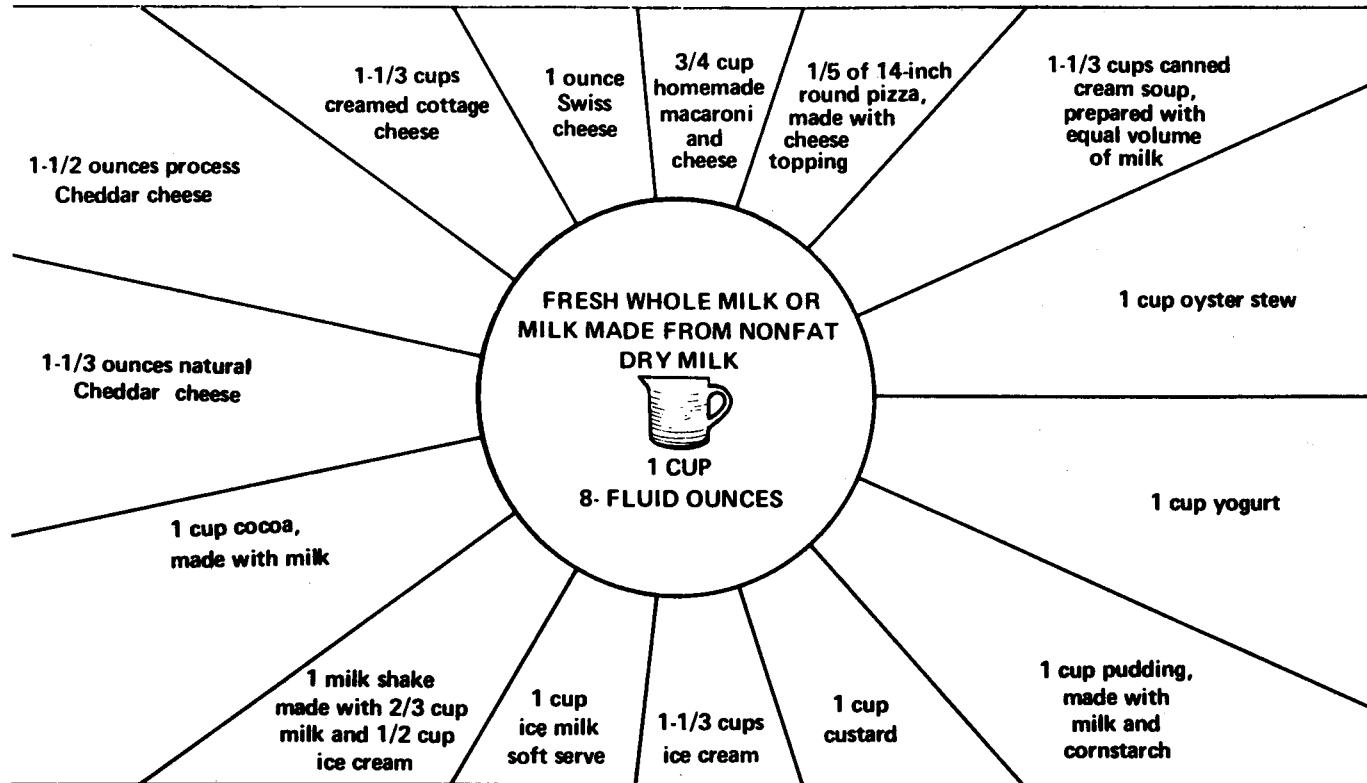


HOME ECONOMICS NO. 14-1970

Getting a Day's Supply of Milk

Everyone needs milk every day. Children under age 9 need 2 to 3 8-fluid ounce cups daily. Children 9-12 need 3 or more of these size cups. Teenagers need 4 or more, adults need 2 or more, pregnant women 3 or more, and women who are nursing their babies, 4 or more.

THESE MILK PRODUCTS AND MILK-RICH FOODS GIVE ABOUT AS MUCH CALCIUM AS 1 CUP OF FRESH WHOLE MILK...OR 1 CUP MILK MADE FROM NONFAT DRY MILK



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